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Hilltop Staff

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LIFE & STYLE

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THE HILLTOP

The Student Voice of Howard University Since 1924

Freshmen Orientation Issue

VOLUME 86, NO. 2

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www.thehilltoponline.com

Tubman Quadrangle Houses Three to a Room, Up from Two

By Amie McLain
The Hilltop

Seven strangers picked to live in a house. Sounds like MTV's "The Real World", right? Try three strangers picked to live in a dorm room. That's more like the 'real world' at Howard.

Truth and Crandall Hall, two female freshmen dorms in the Tubman Quadrangle, previously housed two women to a room.

In the male freshman dorm, Drew Hall, four study rooms were converted to bedrooms. Three men live in each room.

The Dean of Residence Life, Frank Chambers, said there was an increase in students looking for housing.

That increase comes from the "Baby Boom" generation's children coming to college, he said.

About 270 female will live in the triple rooms.

Both Truth and Crandall were renovated in 2000 and re-opened.

Chambers said that implementing triple rooms was the only immediate solution to the housing shortage.

"The demand for housing at Howard University warrants that we be creative to increase the capacity

for on-campus housing. In fact, Howard is not the only university having to make adjustments to satisfy the growing number of young adults attending college," said Chambers.

The Dean asserts that another major benefit from turning double rooms into triples is more availability of rooms for returning students, specifically second year students.

"Our goal is to house all sophomores on the waiting list. So far, we have reduced the number of sophomores on the waiting list from 225 to 75," Chambers revealed.

For the ladies actually living in Crandall and Truth, they will have the only residents of the Quad with air-conditioning. The other three dormitories, Baldwin, Frazier, and Wheatley, remain without AC.

The cost of living in a triple is 20 percent cheaper when compared to the cost of a double room. As well, these female students will have the opportunity to bond with two roommates instead of one, according to Dr. Chambers.

April Leon, a legal communications major, resided in Truth Hall her freshman year and remains skeptical about the situation.

"Putting three females in one room will be a miraculous task if it



Photo by Akeya Dickson

Sheree Cleckley, Celeste Jones and Karen Taylor, freshmen roommates in the Tubman Quadrangle cram into their new home for the year.

can be done. Our freshmen year, my roommate and I had one of the biggest rooms, but I still couldn't imagine another person successfully living with us. I know first hand that Truth has small closets and not a lot of storage space. But, I guess everyone will have to see if the triple rooms work," said Leon.

Maya Morton, sophomore sociology major, also finds the idea of triples ludicrous. "I stayed in Crandall last year, it was not big enough for my roommate. Howard needs to stop accepting so many students they cannot properly house. I foresee interpersonal problems with

visitors and different sleep schedules," Morton said.

According to Chambers, each resident is equipped with all the amenities they would have in any other residence hall. Each student has her own bed, desk, closet space, and wardrobe chest. Two of the three students sleep in a bunk bed. As well, Crandall and Truth halls have enlarged their staff of resident assistants to accommodate the larger number of female residents. Chambers also expressed his satisfaction with Donna Green as the

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Getting From Point 'A' to Point 'B'

By Thelisha A. Woods
The Hilltop

Coming to college, especially in a metropolitan area, can cause many concerns for freshmen and their parents. One of the concerns usually on top of the list is traveling in the city. There are many methods and all have their advantages and disadvantages.

Some students bring their car to get around the city.

"It's easier in a lot of ways to get around with a car but at times it can be harder with the way people drive," said junior nursing major Beatrice Onyewu. "So my advice for driving in D.C. or anywhere for that matter is to stay alert, stay alive."

The heavy traffic at certain times is a common complaint found in the District, especially around rush hour. Parking can also be a challenge because of meters, and at times, lack of parking spaces. There are many rules to parking in D.C. so be sure to read signs carefully to avoid fines and possible towing.

Metro police are extremely efficient in writing tickets so to avoid the unpleasant surprise of a ticket on your car, or your car missing, pay close attention to the rules.

However, if bringing a car is not an option for you, there are other modes of transportation throughout the city.

Metrobus

Ah, the bus. Honestly not the favorite mode of traveling by students, but by far the cheapest easiest.

"If you don't know where you're going but you have to take public transportation, you can always check out the Ride Guide at www.wmata.com. Don't be afraid of buses, because the metro really doesn't go everywhere," said Allison Conyers, junior public relations major.

The Metrobus goes all over the district and a bus stop is at practically every corner. For only \$2.50 you can purchase an all day pass if you know you will be making several stops throughout your day. Otherwise you can purchase a \$1.10 ticket. And make sure to get a pass if you wish to return to the destination where you caught the bus. Pay attention to the times listed on the pass because there is an expiration time to use it.

Metrail

See TRAVEL page 2

District Draws Hundreds for Reparations Rally

By Thelisha A. Woods
The Hilltop

A sea of clenched fists, red, black and green flags, and various pickets were raised in the humid summer air as thousands of black activists rallied at the National Mall demanding reparations for slavery.

Repeated throughout the rally was the call and response, "What do we want?" "Reparations!" "When do we want them?"

"Now," said the crowd passionately.

The "Millions for Reparations," was organized by grassroots efforts on what marked the 115th Anniversary of the

birth of Marcus Garvey a post-slavery activist for black empowerment.

Despite the heat, many people from all over the country as well as African-American congressman and leaders traveled to be a part of the first mass rally for reparations.

"We will get reparations by contacting every single member of the House of Representatives and every member of the Senate," said Rep. John Conyers Jr. (D-Mich.). Conyers has worked to create a commission in congress to study reparations.

Louis Farrakhan also was in attendance.

"We need payment for 310 years of slavery," Farrakhan said.

"Reparations is about justice," said D.C. Councilwoman Sandy Allen during her speech.

The numbers of people at the rally was modest, but that did not stop some participants from traveling to get there.

"The world is looking at us to see if you support yourself so its necessary to come out and do just that," said George Patton who traveled from New York.

"I think there could have been more people, but it's a start and it's going to spread," said Bob Koontz who traveled from Newark, NJ with the group People United for Progress. "This is a good kick start to raise consciousness."

Those who were opposed to

reparations voiced their opinions too.

A self-proclaimed street preacher, Michael Suces, along with his wife traveled from Pennsylvania with the hopes of speaking to the crowd.

Suces came to the event dressed like Abraham Lincoln. He wore a black wool suit and top hat similar to the one worn by the former president, which gave him a striking resemblance.

"I do not agree with slavery but back then God permitted slavery for a reason," Suces said. He pointed out several passages in the Bible regarding the relationship between slaves and masters to further his views.

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CAMPUS

Increasing Number of Students go Abroad

By **Kerry-Ann Hamilton**
The Hilltop

Since 1869 Howard University has enrolled international students. Last academic year there were 1223 international students representing 97 countries primarily from the Caribbean and Africa.

Director of International Students Services, Grace Ansah-Birikorang, PhD, maintains that international students are an asset to the Howard University community.

"International students add to the diversity, thus changing some of the stereotypical perceptions often projected by the media. They perform at high academic standards, which further enhances the learning for all the students," said Ansah-Birikorang.

"International students bring ready cash tuition, not in the form of federal aid or loans and they also contribute to the local economy in the form of rent and shopping."

According to the Association of International Educators, international students contribute \$12 billion annually to the U.S. economy.

According to Ralph Gomes, professor of sociology, students who leave home to travel abroad often experience a sense of nostalgia.

A student from Nigeria has traveled approximately 4,700 miles, Trinidad over 2,000 miles, and Jamaica almost 1200 miles away from home and family. Homesickness is a natural course.

"Students get homesick from cultural shock. They have been uprooted from their support system. Where they would be able to rely on parents or family for help in a crisis, they are now isolated in a foreign country with a foreign culture. This has a psychological impact on the student," Gomes said.

Gomes advises students to form new support systems. "International students could surround themselves with people who share their culture and near similar culture, so that they form that international solidarity."

International Pals at Howard organized surrogate parents and support systems for the students. Jennifer Barefoot, a second-year graduate student, has been an International Pal for six years and the coordinator for two years.

The Boston native is excited about the upcoming year. "Before the students get to campus, we send each student a handwritten letter including our numbers and emails so that they can contact us if they have any

questions or concerns," Barefoot said. "During orientation week, we cover the basics so that students can be informed. As simple as going over the U.S. denominations and coins, some students don't know that the money is green."

The world has become an increasingly global community and many University officials maintain that the benefits of having international students are limitless. A significant number of international students have studied at Howard and the other American universities and colleges and went on to do great things in their home country especially in the area of politics.

Some have gone on to be leaders such as, K.D. Knight, minister of foreign affairs of Jamaica; Cheddi Jagan, former president of Guyana; and Curtis A. Ward, an international student from Howard and ambassador to the United Nations Secretary Council from 2000-2002.

Tamara Cowie, a junior biology major, enjoys her experience at Howard as rewarding and finds that she adds to the diversity in and outside the classroom. "As international students, we offer a different perspective students from a first world country may not be aware of," said Cowie.

Cowie also characterizes international education as a potential route to improved international relations. "As prospective leaders having studied in another country and with students from other nationalities, global policy making over the long term should be improved greatly for the benefit of all parties involved."

Femi Abitoye, a chemical engineering graduate student, sought an international degree so that he could equip himself with the skills and tools necessary to contribute to the further development his home country.

"I earned a bachelor's degree in Nigeria; I was not satisfied, hence, I decided to pursue a master's of science degree in chemical engineering at Howard. I will also earn my M.B.A. after which I plan to return home and plough back what I what I have learned here in the U.S. for the betterment of my country."

According to the U.S. Department of State Visa Office in 2000 approximately 315,000 international students were issued visas to study in the United States. In order to study in the United States, students are issued a F1, M1, or J1 visa, which is issued by the U.S. consulate in their respective countries.

REPARATIONS from page 1

"Reparations are money but where are they going to spend eternity?" Suces asked.

All the anger and hostility would further cause division among the races, Suces said.

Besides the speakers and supporters of the event there were also various vendors selling products such as T-shirts, jewelry and literature all promoting the ideology of the reparations movement.

"Reparations are due to African [American] people not just for slavery, but for the continued colonialism, oppression, genocide and miseducation," said Banio Carpenter of Chicago. Carpenter represented the International

People's Democratic Uhuru Movement in defense of the rights of African people.

"Reparation is just a little part of the whole," said Carpenter, who went on to talk about the importance of Africans gaining more control of African wealth and all the natural resources that are taken from the land.

George and Audra Edin sold their jewelry collections at the rally.

"Down to Earth represents the relationship we should have with the Earth," said Audra Edin, "Our relatives our ancestors were in tune with the planet but we are disconnected." Edin feels the collection of red, black and green beaded jewelry will help reconnect and rebuild bonds among all people.

Money was also collected during the

rally to continue the movement after the rally had ended. Speakers called for the audience to make donations to those walking with collection baskets.

"I came from Sacramento, California just for this," said Larry Perkins who made a donation because he felt it was "its important to show solidarity."

Supporters contemplated how much reparations should be given.

"Reparations are due but exactly how much, I would leave to the scholars," said Diann Mosely a district resident and Howard University alumni, "but it is due and it should be paid the amount that is determined."

One of the closing speeches given by New Black Panther Party National

Chairman Malik Shabazz struck a cord throughout the crowd as the approach of the September 11th year anniversary. Shabazz spoke of how there was so much focus on the terrorism attacks of September 11th but none on the terrorism faced by African-Americans.

"I want to talk about a terrorist named Christopher Columbus, I want to talk about a terrorist named George Washington, a terrorist named Thomas Jefferson, a terrorist called the Inglewood Police Department, a terrorist called the Prince George's County Police Department, Rudy Giuliani, and a terrorist called New York Police Department. The real terrorists have always been right here in the United States of America!"

TRAVEL from page 1

Metro also offers metro rail, and underground subway system to various locations all over the city. This is one of the more popular modes of transportation in the city.

From malls, to museums, to campuses, many of D.C.'s main attractions all have metro rail stops. Prices range depending on where you are heading and the time. The district's metro system has a reputation of being one of the cleaner and easier rail systems in the county.

According to a travel guide on AOL.com, "Washington, D.C. boasts one of the nicest subway systems in the world. Metro opened in 1976 to much fanfare and remains clean, safe, efficient and architecturally dazzling."

Taxis

This method is more costly than others but is another form of transportation utilized by students.

"Sometimes you are just in a rush to get somewhere so it can be quicker to just hail a cab than to wait for the metro," said senior public relations major, Chaia Odoms.

You can either hail a cab from one of D.C.'s busier streets or call for one on the phone. However it is cheaper if you can hail one because a small fee is added for them coming to pick you up.

Another thing to remember is that in the district, fare fees are based on zones and not distance. Therefore a short ride that may cross two zones could possibly cost you more than a long ride in one zone. Make sure to pay attention to the maps inside most taxis or ask your driver if you are unsure.

There are many different cab services also with different rates. So one

company may cost you less to go to the same place than another.

Walking/Biking

Walking may seem like an unlikely traveling method but many areas in the district are pedestrian friendly.

With the layout of the district, many places can be only a couple blocks away so biking or walking may be the easiest and quickest way to reach them.

However, it can be tiresome walking many blocks so make sure to bring the proper gear such as water and comfortable shoes if you know you are going long distance.

"Leave the stilettos for the club; when you fall and break your neck going up the hills, what good will it do you then?" said senior radio, TV, film

major, Sarah Thomas.

Walkers should resist the urge to jaywalk.

Not only is it illegal, it can be dangerous.

Jaywalking can cost you up to \$20 if caught by District police.

Of all the choices of travel, find the one most suitable to your distance and your lifestyle.

One of the most important things to remember is safety while traveling. It may seem cliché but being in a city that is heavily populated can be dangerous.

On the metropolitan police website, www.mpdcc.gov they offer various tips on safety.

Be cognizant of these tips and remember to use your own good common sense. It's what got you this far in life.



District Searches for 'Party Animal' Vandals

By Thelisha A. Woods
The Hilltop

Not everyone loves a "party animal." That's what the D.C. Commission on the Arts and Humanities found out after a number of the animals were defaced.

They were designed to show the artistic beauty and history of the District. And they are the symbols of the two major political parties, donkeys and elephants.

They are called "party animals." The creatures stand at just four and a half feet tall and five feet long and are made of polyurethane.

But not everyone appreciates the art, recently some party animals were defaced.

The Arts and Humanities commission has launched an investigation into the vandalism.

The animals, which made their debut in April, have now reached a total of 200. A dozen being attacked.

The displays, which feature many aspects of D.C. culture and history, were meant to attract visitors to D.C. after the Sept. 11 attacks, but now they are attracting vandals.

"This project was about having fun and trying to increase visitors to the streets of Washington," said Tony Gittens, executive director of the D.C. Commission on the Arts, "so it is a

mean-spirited and cowardly [act]."

The severity of the vandalism ranges from gum being stuck in the animals's eyes, objects being taken or torn from the sculptures, to the actual animals being spray painted or parts of their bodies being completely torn off.

"We had two that were seriously damaged enough that they had to be taken off the street," Gittens said.

The artists, whose work has been attacked, feel angered by the recent string of attacks. Other artists are also worried about their own pieces of work.

"It's really sad especially because people don't realize how much time and effort it takes to create," said Tosha Davis, an art therapy graduate student at George Washington. "So for someone to just deface them, it's just a shame that people don't appreciate them as works of art."

Davis designed an elephant for her internship with Georgetown Pediatric Lombardi Cancer Center Oncology called "elephant wisdom" which was inspired by the children at the center.

Sponsors of the artwork have also expressed discontent over what has taken place.

All is not lost for the victimized art. There was an "animal hospital" set at 2000 Pennsylvania Ave. NW to

repair damaged sculptures.

"We don't have that place anymore, but we decided we really didn't need it because most of the damage could be fixed on site," said Gittens.

Some the damage was done by curious on-lookers and not by vandals.

"Most of the damage has been by the public wanting to touch the animals and children wanting to ride them," Gittens said.

Davis said she people are not careful with the works because the art is in the street.

"People just want to touch them or climb on them, but if they were in a museum, people wouldn't touch them or deface them," Davis said.

The commission however is hoping that no more animals will have to be repaired; therefore they are offering a reward to catch the perpetrators.

"We have put out a \$5000 reward for information leading to the arrest and conviction of any individuals committing the vandalism," Gittens said.

Some citizens have joined in on the effort to catch the animal attackers.

"One incident we happen to know about is because a citizen saw some kids start beating and destroying one animal at around 3 o'clock in the



Photo by Akeya Dickson

"Party Animal" in front of the Howard University Hospital, featuring faces of Black History leaders, managed to escape vandalism.

morning," Gittens said. "And another one on 32nd Street beat the animal with a crowbar. We are assuming it is the same group of people."

As of press time however, no vandals had been caught, but at least soon the party animals may have a

safer home than the streets of D.C.

"An online auction and a live auction will be held in October and the proceeds will go back to the arts commission," Gittens said.

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Howard Sports '101'

COLUMN

By Aisha Chaney & Elena Bergeron
Sports Editors

Welcome to the world of HU sports. Allow us to introduce ourselves. Our names are Elena Bergeron and Aisha Chaney. As your sports editors, we will be keeping you informed on sports life at Howard every Tuesday and Friday.

In years past, students, athletes and even coaches often complained that The Hilltop did a sub-par job of covering all of the sports on campus. This year, history will not repeat itself. We know that it is impossible to please everyone equally, however we will do our best to keep you updated on every sport.

In addition to hard news, we plan to have a variety of feature stories on players and alumni, previews of upcoming games, columns, schedules and scores.

We intend to dispel some of the myths that surround female sports writers with knowledgeable and equitable coverage of men and women's sports. Although we are female sports editors, we will not focus our football coverage on uniform fashions, nor will we shy away from features on female athletes simply because we fear a question of bias. We are open to constructive criticism and hold ourselves to be accountable to you, the readers, so feel free to contact us with intelligent comments on how we can improve.

Now with that disclaimer, we'd like to tell you a little bit about ourselves so you can get to know us better.

Elena: For the past three years, I have worked in our Sports Information office, primarily with the now-defunct baseball team and in the press box during the football season. I have also been increasingly involved with D.C. sports, working at R.F.K. Stadium and with the WUSA's Washington Freedom, DCIAA and the Washington Baseball Club.

As is the case for all those as well as my current position, my only real qualification for any of the jobs I've held has been an absolutely irrational love of sports. As a senior print journalism major from New Orleans, I have developed a fanatical but unrequited love for heart-breaking teams. From my hometown Saints to my beloved Atlanta Braves, my masochistic sports loyalties have garnered me much pity on

See SPORTS page 5

The Battle of the Real 'HU'

By Elena Bergeron
The Hilltop

Anatomy of a Rivalry

Nothing causes expletives to fly, blood to boil, teeth to grind, and sheer unadulterated hate to rear its head more than the arrival of fall.

How something so seemingly innocuous as the turning of a few leaves and the chilling of summer breezes drawing legions of people can be traced to the football field.

As the fields in every conference from the SWAC to the PAC-10 are chalked and made ready, battle lines as well as hash marks are being drawn.

Go to any college campus across the country and any member of the student body can revisit with disdain some heart-rending loss against a cross state, cross-town, or inter-conference foe, the loss made even more bitter tempered by a history of bad blood between rivals.

Whether it be a 60-minute trouncing in fall or a last minute put-back in February, how a team fares in rivalry matches is often more important to its fans than how it fares in championship games and nowhere are rivalries more important, more palpable, more intense than at Black Colleges.

Think about it. The illustrious legacies that exist within HBCU athletic departments are comparable with those in major colleges (Grambling's Eddie Robinson, not Joe Paterno or Bobby Bowden, holds the record for most victories) but when coupled with the fanfare that goes along with black college athletics, the glittering spirit squads, bands that put on as vicious a competition against one another as the teams, and more than anything the trash-talking fans, rivalries between black colleges carry different bragging rights.

Here at Howard it is no different. During the course of the school year, and even into post-graduate life, little causes more dispute than the argument over which school is the real HU.

The Hampton-Howard rivalry has its roots in the two schools' fundamental ideolo-

gies. Founded in 1868, Hampton Normal and Agricultural Institute was established with the mission to prepare teachers and "build a viable industrial system" while Howard was chartered in 1867 to educate students in liberal arts and sciences. Though both were formed to educate the newly-freed African-American population, the two schools had glaringly different curricula, Hampton training s t u -

As rivalries go, Howard-Hampton is as close as they get, with Howard maintaining a scant advantage that has dwindled over the past decade. The Bison still hold the edge on the gridiron with a 39-38-1 record against the Pirates since the two began playing.

This year, the Bison faithful have added reason to anticipate the game as f o r m e r Howard

knows what it's like to be on either sideline, having served as an assistant coach at Howard until taking over the head-coaching job at Hampton in 1992.

"It can be very intense, with all the fans, the pageantry, the bands, whose competition is almost as ferocious. I have to remind the players not to forget that as athletes we are the show. The younger they are the more likely they are to forget that in the course of the game," said Taylor of preparing his teams for the meeting.

"We get up for this game even more than the others because of the intense rivalry. You know that you'll hear it more [from fans] if you lose against Hampton or at homecoming," said senior linebacker, Nick Henderson.

This year, the rivalry travels to Armstrong for the first time since 1984. After having played their past 15 meetings in NFL stadiums, most recently at Giant Stadium in 2000 where the two teams drew over 40,000 spectators, the teams took the battle back to campus, selling out 11,600-seat Greene Stadium.

The rivalry has tilted in favor of the Pirates over the past decade, Hampton taking six of the last eight games against Howard, including the past five decisions. But the matchup is closer than that statistic indicates, the last four games decided by a touchdown or less. Though Hampton went on to a 7-4 record and a second place finish in the MEAC and the Bison faltered all season going 1-7 in the MEAC where they ended in last place, the game's decision came down to a fourth quarter touchdown run by Hampton's Robert Smith to snap a 20-20 tie.

But that's what rivalries are all about, intestinal (not to mention testicular) forti-

See HU page 5

We're going to get them this year...it's our time now!

"Trash Talker"

Look of determination

Heart broken, yet determined

Testicular fortitude



dents in vocational and agricultural arts and Howard emphasizing a "broad sympathy", an education based upon knowledge of culture and the arts.

The two nearby colleges have faced each other since 1908, their meetings intensifying in the seven years since Hampton entered the MEAC and after the Virginia school adopted university structure in 1984, prompting both schools to try to prove in each meeting which is the real HU.

defensive coordinator Rayford T. Petty assumes the helm of the team after spending two seasons as head coach at Norfolk State, where he beat the Pirates 28-20 last season.

"Both [Howard and Norfolk] carry a big rivalry because Hampton is right across the river, but Howard has the more intense rivalry of who's the real HU," Petty said of coaching at both schools.

Hampton coach Joe Taylor



The Dos and Don'ts of Attending an HU Football Game

Do...

- * Wear Howard paraphernalia to the games. Even though the bookstore wouldn't let you use your book voucher to buy a t-shirt, splurge a little. That \$19 will not set you back too much. A HU tee shirt is an investment, which you will use for the next four years or more.
- * Ladies: You will be much cuter in an HU t-shirt than a cut-up Hanes Her Way t-shirt that you concocted with puffy paint and glitter giving shout outs to that football player you've been trying to get with.
- * Pay attention to the game. The purpose of "home field advantage" is having the crowd on your side.
- * Stand for the national anthem and raise your fist for the black national anthem (a Howard tradition). A lack of participation in any of these events shows that you not only lack home training but that you also lack culture and respect.
- * Get "crunk" during the half time show, and when the band plays the time out interludes. In other words, get up when the band plays "Get up."

Don't ...

- * Ladies: Show up to a football game in the same clothes you wore last week at 2k9. Club clothes are not acceptable, and you risk breaking an ankle while trying to climb up the bleachers in 4-inch stilettos.
- * Fellas: Check the weather report before venturing outside. A Coogi sweater is not always appropriate, especially during the beginning of football season when it's 85 degrees outside. (Regardless if you play it off, we all know you are sweltering under all that.)
- * Think of the football game as a good excuse to be outdoors. "Excuse me... did they just score a touch down?" has never been a good way to strike up a conversation.
- * Think you're being cool by just sitting in the stands (looking like a 75-year-old black woman at a Led Zeplin concert). The band and cheerleaders practice way too hard to receive stoic expressions in response to all their hard work.

—By Chauna Bryant

HU from page 4

tude, mental toughness, making big plays and every other cliché in the book.

Indeed, big games are where those clichés originate because at no other time do players step up or choke as in games between rivals.

Case in point was the men's basketball team victory over the Pirates at home. Though Howard still boasts three MEAC championships to Hampton's one, the Pirates have dominated the Bison as much on the basketball court as on the football field and have gained a measure of national recognition of late after beating former powerhouse Iowa State in the first round of the 2001 NCAA Tournament.

But after Ron Williamson rained down nine 3-pointers and matched his career-high 41 points, including the put-back of Aki Thomas' missed lay-up at the buzzer that gave the Bison the 82-81 victory, Hampton's winning streak against Howard (and undefeated run in the conference) officially ended.

Williamson, whose other 41-point performance came in the 2000 season against Georgetown, has a knack for turning it up against big-time competitors, but to the student body population who



Photo By Lawrence Johnson

Tracy White gets the best of two Hampton "Pirates".

rushed the court after the win, only 16-11. All that mattered it did not matter what the was that the team had beat guard had averaged until that Hampton for the first time point or that the team was since 1996.

SPORTS from page 4

the part of my employers. All of them looked at my lifetime of sports-related disappointment and decided it qualified me to cover Howard athletics.

Aisha: The launching of my rookie year at The Hilltop commenced with an opportunity to cover the "Battle of the Real HU" football game against our most intense rival, Hampton (Institute) University. I continued to gain experience throughout the year as the beat reporter for the football and men's basketball teams. My gratifying year concluded at our annual banquet, where I had the distinguished honor of accepting the Clint Wilson Staff Writer of the Year Award.

As a three-sport athlete in junior high and high school, I excelled in basketball, volleyball and track and was named the top scholar athlete at both levels. Championships were won and awards were earned, but I always played for the 'love of the game.' As a junior broadcast journalism major and sports administration minor from San Mateo, Calif. (hometown of Lynn Swann, Barry Bonds and Tom Brady), I've been afforded the privilege of witnessing the passion of Bison athletes who have chosen to compete at a higher level and share my same respect for sports. This past summer, I continued my professional development by volunteering in the Sports Information office at Arizona State University.

We hope you enjoyed your first week at Howard and wish you all a happy and healthy year. Make sure you come out and support the athletes as they face tough competition throughout the year. We will keep you posted on the dates, times, and schedules as they become available to us.

Helpful Tips for HU Sporting Events

* Not every single sport requires a ticket for you to attend, however, for the ones that do, the tickets will be available throughout the year in either Cramton Auditorium, Burr Gymnasium, or the lower level of the Blackburn Center. There may be flyers around campus or notification in The Hilltop.

* On certain away games, the Howard University Student Association will sometimes organize bus trips so our athletes can still have fans cheering for them, even on the road. If that sounds like something you're interested in, you might want to save a few bucks for the bus ride and keep your eyes and ears open so you'll be able to support your school at away games.

* If there's anything you ever need to know about a sport on campus go online and check out the Howard University sports Web site at www.bisonmania.com. Sports Information Directors, Ed Hill and Romanda Noble, provide updated scores, recaps of games, and schedules throughout the season.

-- By Aisha Chaney

If you are interested in a career in sports management, sports journalism or sports, and entertainment law and would like to volunteer in any of those fields, contact Ed Hill at (202)806-7188.

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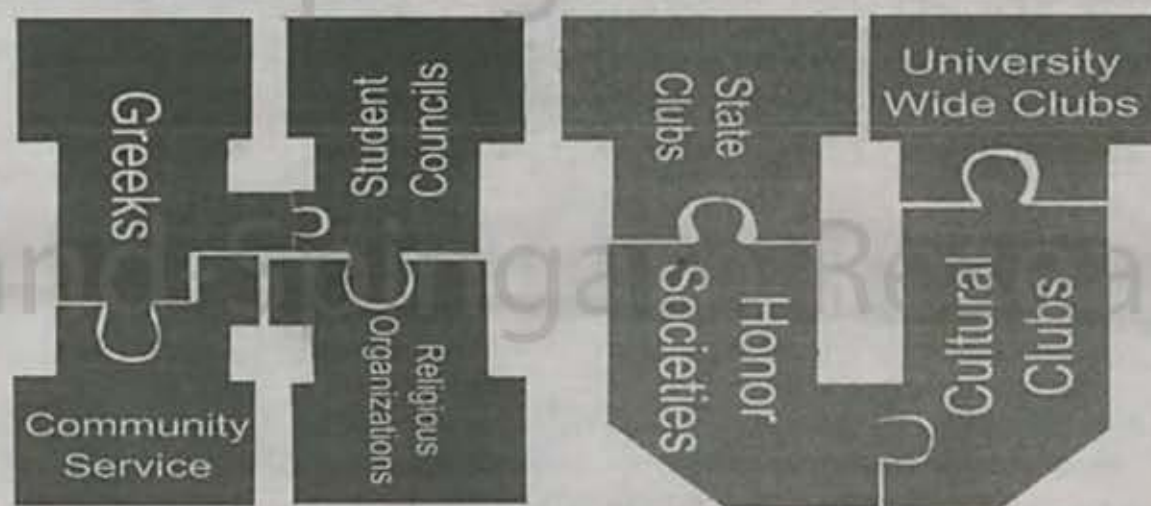
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= HEALTH & FITNESS =

Avoiding the Infamous 'Freshmen 15'

By Leesa Davis &
Makebra Anderson
The Hilltop

You've unpacked your luggage, moved into your dorm, purchased your first calling card, and made your first trip to the cafeteria.

People have warned you of bad professors, athletes, your roommate and of course the "freshman 15."

Many college bound students, especially young women, have been warned about the dreaded "freshman 15," the 15 pounds first-year college students tend to put on

when they leave home and reside in a dormitory.

Researchers, however, say the freshman 15 is a myth. College students have turned the myth into a self-fulfilling prophecy, believing that the freshman 15 is inevitable. weight gain can be avoided.

Kimeera Rao, a dietitian at the Howard University Hospital said that freshmen gain more weight as a result of anxiety and of discovering their newfound freedom.

"Many times students are anxious and they are always on the go. Students tend to eat what's readily

available, which often times are the greasy foods in the school cafeteria. Freshmen also tend to be less physically active because they are busy trying to adjust to college life," said Rao.

Tips on Keeping the 'Freshmen 15' from Controlling You

Along with college comes change -- adjustments, in the mind, body and soul. Don't let stress, pressure, and loneliness cause you to over-eat and neglect your healthy lifestyle.

* Changes in eating habits are sure to happen. Give yourself time to adjust to new surroundings and new foods.

* Try new foods. Don't get stuck on what is familiar to you.

* Eat three meals a day. It may seem like you can function on caffeine alone, but your brain and body will fail when you need them most if you routinely skip meals.

* Eating breakfast helps to jump-start the metabolism and prevents the 1 a.m. cravings. Food is almost impossible to work off when it is consumed late at night.

* Carry a water bottle. This will help you stop spending money on soda and other sweetened beverages. Avoid unwanted calories and ensure that you won't dehydrate.

* Grab some fruit when you leave the cafeteria, so you can have something healthy to snack on later.

* Take a multi-vitamin. It never hurts to have extra nutrition insurance.

* Experiment with vegetarian meal options.

* Avoid ordering take out. Throw away the take out menus. They will

cause you to spend extra money and gain extra pounds.

* Keep healthy snacks in your room: pretzels, low-fat popcorn, crackers, fruit, granola bars, etc.

* Exercising often helps the body to stay fit. If you're too lazy to keep up with an exercise schedule of your own, at least take advantage of the exercise in a gym class.

* Late-night pizza orders and junk food pack on the excess weight. If you happen to be up late studying, try eating fruit or crackers instead.

* Lay off the alcohol. Alcohol and mixed drinks are quick ways to pack on the extra pounds. Mixers like fruit juice and tonic water are filled with sugars that turn into fat.

* Don't look at eating as a past-time. Eat only enough to get you full, not stuffed.

Take advantage of everything available to you. Howard University has exercise rooms, classes and a variety of physical education classes designed to keep you fit.

Don't Let the 'Freshmen 15' Happen to You

*Before
and
After*

*Weight gain for
freshmen is
commonly
known as the
"freshman 15."*

*See how the
average Howard
woman and man
can be affected
by the
weight gain.*



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Derrick Nayo

COLUMN

What we do differently from other international news publications is provide you with a slant that appeals to you as a Howard student. It's understood that the implications of starvation and AIDS in Africa along with the triumphs of Africans are pertinent to students at Howard, so we bring that to you. News from FAMU, Hampton, Bethune-Cookman and other Historically Black Colleges and Universities are also available within our section, as schools like these share similar goals with our own university.

We report the top news stories in America, making sure to sketch the general issues for you and paint in the details thereafter. Our job is fulfilled when we know that information we gathered was properly disseminated, making for a more informed student and administrative body.

This year's Nation and World section will have regular columns, briefs, domestic, and international news. Both myself and the Friday Nation and World Editor, Amber Mobley, will write most of the columns and we will usually stay within the genre of our section. Briefs will not only cover global news, but also the odd and peculiar stories that we rarely hear about in national publications and local broadcasts. Domestic news will focus mainly on the federal government, local government, state government, and general news within the 50 states. International news will come from anywhere outside of America with a heavy focus on the African states and regions heavily populated by blacks.

The Nation and World section has exhibited longevity, remaining a steady section in The Hilltop for decades now. Our section now solidifies a newspaper that, in the last two years, has increased its publication from once a week to twice a week. At a hefty circulation of over 10,000, we tower over the publications of other black colleges in America. Students, administrators, alumni, visitors, and members of the D.C. community read The Hilltop consistently, scrutinizing everything from our story content and layout, to our pictures and text. In order for us to keep Nation and World afloat with stories and columns, we need Howard students to write consistently for our section.

My name is Derrick Nayo and I will be your Tuesday Nation and World editor this school year. Amber Mobley will head the Friday Nation and World section. Please e-mail us at thehilltop@hotmail.com.

Grand Jury Demands Univ. of Maryland Records

By Jason Flanagan
The Diamondback (U. Maryland)

(U-WIRE) COLLEGE PARK, Md. - A federal grand jury subpoenaed the University of Maryland last week for documents concerning grants and employees linked to a state crime prevention agency headed by Lt. Gov. Kathleen Kennedy Townsend. The request is part of an investigation into whether that agency illegally used federal money to pay university employees to do political work.

The U.S. District Court issued subpoenas on Aug. 5 and Aug. 8 requesting all information and correspondence on 31 university employees and 21 grants that total more than \$6 million. The grants were received by the university from the Governor's Office of Crime Control and Prevention, an agency overseen by gubernatorial candidate Townsend.

The investigation is questioning a practice of employee out-sourcing by the university's Center for Substance Abuse Research, which hired employees paid by the university with grant money to work in the GOCCP office in Baltimore.

This practice comes as a concern to prosecutors because of allegations from former employees that they were paid to do political work for Townsend's campaign instead of drug- and crime-related research.

University spokesman George Cathcart said he believes the university is not the target of the probe and said the university is cooperating with investigators. Cathcart said he is uncertain of the focus of investigation.

CESAR director Eric Wish said his organization would hire employees at

the request of the GOCCP to work on various projects. The employees had to meet university employment standards, and were paid with grant money issued by the GOCCP to the university, Wish said. The money to pay the employees' salaries usually came as grants or amendments to existing grants, he said.

Though the employees were paid by the university, they were stationed and supervised at the GOCCP headquarters in Baltimore and rarely reported to CESAR's office on Hartwick Road in College Park.

Rob Weinhold, director of public affairs, policy and research for GOCCP, said employee out-sourcing is typical and a critical part of the success of both organizations, and that the job responsibilities remain the same in both locations.

"There are a number of people who do work in [Baltimore], but in essence they are University of Maryland employees which support the framework of partnership of [GOCCP] and CESAR," he said.

Wish said he would receive progress reports on the employees and received information on their supervisors, but had no direct supervision of the employees. CESAR's only administrative role concerning the employees involved personnel issues, such as time sheets and leaves, Wish said. "There are a number of people I relied on from GOCCP to provide primary supervision," he said.

This practice was not unusual and has been part of CESAR's partnership with GOCCP since 1998. But, Wish said the number of out-sourced employees has increased over the last year. Of 36 people currently on detail in Baltimore, 21 were hired in 2002, also when Townsend began campaigning; 11 were

hired since June. Wish said the employees were spread throughout different units in the university, but GOCCP consolidated all the employees into CESAR to make the administrative work efficient.

"We saw these activities as being consistent with CESAR's mission to work closely with this agency and to provide technical assistance to the state agency," Wish said.

The two agencies have a 12-year relationship, in which CESAR provides the state agency with research and other technical aspects of drug and crime prevention, Wish said. Cathcart said it was because of this relationship that university officials never questioned the employee out-sourcing.

"They have asked us to take on additional people and work, and that sometimes involves work at GOCCP," Cathcart said. "As the [state's] flagship institution, we have the obligation to that kind of thing."

The allegations stem from former employee Margaret Burns, who claimed she was assigned to assess Townsend's public relations in the media, according to various news reports. Burns, who was employed by CESAR, received a \$68,000 annual salary from a drug abuse grant issued to the university by the U.S. Justice Department.

Weinhold said the allegations are "absolutely not true" and Burns was never ordered by the state agency to do any political work. Weinhold said GOCCP's executive director Stephen Amos "is clear to all staff members that any kind of political activity during work hours would not be tolerated."

If Burns was found working for Townsend, "[Amos] would have fired her," Weinhold said.

Wish said he had no knowledge of

any extracurricular work done by out-sourced employees.

"If that were occurring, it's news to me," he said. "We were trusting the government office."

Another concern lies in CESAR's operation of GOCCP's website and the appearance of Townsend on that site. Wish said GOCCP assigned his agency to construct its website, which GOCCP approved. At the top of the GOCCP website's homepage, there is a brief paragraph that serves as a mission statement, noting the organization is under Townsend's leadership. In the paragraph, her name is linked to another Web site which lists her accomplishments and "signature initiatives."

Wish said it seemed logical for the Web site to honor Townsend because of her involvement and dedication to the program.

"The point is that agency worked on the missions envisioned set by Kathleen Kennedy Townsend and it was absolutely appropriate to give credit to her," he said.

GOCCP was formed in 1995 with the merger of the Governor's Office of Justice Administration and the Governor's Drug and Alcohol Abuse Commission. The agency administers more than \$45 million in grants each year to various criminal justice programs and is active in crime prevention legislation.

Though university officials claim no responsibility in the allegations, Wish said he is concerned this investigation will tarnish the activism and research done by CESAR.

"The wonderful, unique drug abuse research infrastructure CESAR has built over 12 years will somehow be diminished by all of this publicity," Wish said.

Pell Grant Program Faces \$1 Billion Deficit

By Ben Antonius
The California Aggie (U. California-Davis)

(U-WIRE) DAVIS, Calif. - The House of Representatives' Appropriations Committee recently uncovered a large deficit in funding for the nationwide Pell Grant program. Unless the shortfall is addressed, it could decrease the amount of money available to future recipients of the grants.

It was determined Aug. 7 that the program was underfunded by nearly \$1 billion. That estimate included Congress' June authorization of the inclusion of \$1 billion in the fiscal year emergency spending bill.

That money was part of

President Bush's effort to raise the maximum award from \$3,750 to \$4,000 for the most underprivileged students.

At the time Congress authorized the additional funding, Secretary of Education Rod Paige said, "This additional billion dollars will ensure that millions of low-income students who depend on Pell Grants will not face any decrease in their grants."

However, the new budget problems mean that recipients could still see a drop in their awards -- a drop totaling as much as \$200 if the deficit is not corrected.

Harry Glenn, a spokesman for Rep. Bill Young, R-Florida, the chair of the Appropriations Committee, did not return calls regarding the situation.

A representative for the Democrats on the Appropriations Committee claimed that the Republicans were aware of the potential shortfall, but originally tried to alleviate the problems by increasing the fees on student loans before abandoning that plan.

The discovery comes in the midst of an economic recession that has already increased numbers of both financial aid requests and college applications.

According to University of California-Davis Financial Aid Director Lora Bossio, about 22 percent of UCD students -- nearly 6,000 undergraduates and a handful of graduate students -- received Pell Grants last year. The grants can range from \$400 to \$3,750 annually

and totaled \$16,498,000 in the 2001-2002 fiscal year.

Since the grants do not need to be repaid, the Pell Grant program is aimed at assisting the most financially disadvantaged students, based on the information submitted in financial aid applications.

The amount of the individual award is determined based on a variety of factors, including expected family contribution and the cost of attending a particular university.

Bossio said Pell Grants are the only major federally funded grant program available to higher education students. Other than Cal Grants, the only other significant forms of student aid are loans.

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LIFE & STYLE

Time Management and Organization, Two Must-Haves

By Alysha Cobb
The Hilltop

Few things are worse than having to pull an all-nighter for an exam or a 12-page term paper than having to do so surrounded by dirty laundry, mounds of dishes, and stacks of papers.

"My first year in school, my room was a mess," said Muriel Pearson, a junior psychology major at Florida State University in Tallahassee.

"The more I cleaned, the more I felt I was going in circles," Pearson said. "I kept thinking 'it was never this hard at home.'"

Living away from home can become stressful

because of lack of organization. If you have never been organized in your life, then now is a good time to start.

College can make you feel like you are ready to take over the world. There is a lot to be accomplished, but there are still only 24 hours in the day. If you are disorganized and don't learn to set priorities, then a disorganized living style will override your entire experience.

Begin the new semester with a clear mind and a clean dorm room, house or apartment.

Your first reality check may come with seeing the small room you now call home and realizing this is

the space you will be sharing with a complete stranger.

Don't panic.

You can minimize closet space by hanging your fall wardrobe and storing winter essentials.

Invest in a hanging shoe rack to leave your closet floor open for storing luggage or other less pressing items.

Use your desk space wisely. Do not let your desktop become cluttered with unnecessary mess.

File away important papers in a paper filing system (which can be purchased in the Howard University Bookstore).

Organize class materials in a way that makes every-

thing easy to find.

To avoid making a mad dash under your bed to look for your accounting book ten minutes before class starts keep class textbooks and folders on a bookshelf.

But be careful not to overdo it.

"I noticed my roommate was not having the problems I was when it came to organization," Pearson said. "But her side also looked like you had walked into a hospital. There was no sign of her even being there."

Don't forget your sense of style when you are getting your room together.

Purchase storage bins in different colors, shapes, and sizes. There is no right or

wrong way to pull your side of the room together.

Invest in a day runner and use it wisely. Find the planner to fit your style and come up with a system that works for you. Try writing assignments down on the due date - not the day they were assigned.

Pencil in social activities so staying organized does not feel like a job.

Always keep your planner with you. You never know when something unexpected will pop up.

With a little good judgment, you will develop your own routine and be well on your way to academic success.

How to Stretch Your Credit Balance 'Refund' Check

By Alysha Cobb
The Hilltop

The new semester is finally underway. Students young and old are adjusting to hectic schedules.

Although it may be a little premature, students have already begun to check the status of their accounts hoping to see two words: refund check.

This year refunds will be issued after the semester has already progressed, a setback that has many students fretting over where to find money to take care of left-over expenses.

"I usually count on my refund right away to help me take care of summer bills and stock-up on food or car expenses," said Jason Perry, a junior computer engineering major. "I just have to manage my money better because I don't want to hit my parents up for cash."

The task of managing your money is a lot easier said than done. (Especially for college students who are stereotypically strapped for cash.) But saving just a few dollars now can definitely help your cash flow



in the long run and it may not be as difficult as it seems.

Everyone can begin by

shops at Georgetown, or any other unnecessary expense. Opt for depositing money in a savings account and mapping out expenses for the semester before you go on a spending spree.

"I am going to pay off my credit card and then set up a budget so I don't over spend each month," said Ashley Traynum, a junior broadcast journalism major. "I'll set aside enough to shop and have fun, but I do plan to save more this year."

Local banks offer multiple services to assist customers with investing their money wisely. For students who choose to continue operating accounts with banks from their hometowns, you can inquire about investment plans, special savings accounts, or investing in the stock market.

With Homecoming only two months away, you certainly do not want to go into the weeks festivities empty handed or wake up the Sunday after and have to phone home for more money.

Only buy tickets for events you want to attend and take advantage of spe-

cial student rates.

If you plan to hit the club, set aside extra dough, cover charges more than double during Homecoming.

Receiving a refund check can also be a great way to protect your credit history - pay off any outstanding debts you may have incurred before the semester began.

You can get credit card bills down to a manageable level and take care of cell phone and pager bills.

Building your credit now will make it easier to move on with life after college.

Stretching your refund does not have to be all work and no play. Find a happy medium that allows you to spend your money without having to be strapped for cash. Whatever you do, spend wisely and do not dive headfirst into debt.

Try not to blow \$300.00 on a pair of shoes if you only have \$310.00 to your name. To make it through the rainy days, have a little fun with your money and set aside the rest.

LIFE & STYLE

Being a 'Thug' and College Just Don't Mix

COLUMN

By Decker Ngongang
Technician (North Carolina State U.)

(U-WIRE) RALEIGH, N.C. - You can't be a thug in college. The two concepts are like oil and water -- they just don't mix. College is the place where we come to grow in the aspects of life that will allow us to better ourselves both socially and intellectually. Thuggery is a practice that does exactly the opposite. It is detrimental and leads not only to a failed collegiate experience but also a failed "life" experience.

Now I know a lot of young males aren't technically engaged in actual thug behavior, but intend to give the impression that they are. This too can be damaging, for it only goes to give the image of thug qualities and works against the education and training the

person attempts to gain.

Young males and even some young females are increasingly reliant on the entertainment community for definition in their own lives, and this breeds the thug relationships. The rise in hip-hop not only as an art form, but also as a social movement has cast light on the lifestyle of its most celebrated artists. Unfortunately, many of these artists were true thugs before they made it big on the mic. Some people even find it hard to leave that lifestyle once they "make it." Young people across America partake in this beautiful, revolutionary art form, but they in turn absorb a little more than intended from it. They feel the need to exemplify that characteristic showcased in a few of hip-hop's artists.

I am talking about thuggery, but what exactly is it? The definition of a thug is "an aggressive young criminal." Other definitions quote a thug as

a "rowdy young violent person," "a member of a rebellious young group" and "a person inclined to treat another roughly or cruelly." All these definitions represent the technical term "thug."

But moreso than its verbatim definition, it is the social concept of the thug that has me so perplexed. It is the definition we get from various songs and in the media. It is the image given by many hip-hop artists - an image that isn't conducive to the educational environment.

Trick Daddy, a popular hip-hop artist known for his references to thug life, refers to thug life in an interesting way. "Really will ya roll with a thug, A young n**** in a big car, with a big gun, ridin' round sittin' on dubs, Smoking on a fat blunt, baby was up." ("Thug for Life: Book of Thugs," Chapter AK, verse 47)

If you go to read the lyrics from his other songs that delve into thug

activities and thug pastimes, you realize its essence centers on drugs, alcohol and violence. From time to time the thug reference is used to describe affection or maybe wanting to "sex someone up," but for the most part, lyrics center on drugs, violence and everything in between. If you have the time, sit and read some lyrics from your favorite hip-hop artists, and you will soon see what I speak of.

It is important to note that this doesn't go for the whole musical genre of hip-hop, because many artists are producing work that is a positive expression of the art form and instrumental in the upward progress of the hip-hop generation.

But I have trouble with the artists who focus on this "thug life" in a way that glorifies it. Glorifying a lifestyle based on the destruction of not only your life, but others as well is very unhealthy, especially for people in a learning environment such as a uni-

versity.

People might argue I am speaking to a section of society that dresses alike, but I am not speaking about any particular clothing. That has nothing to do with the issue. I am speaking to the way we carry ourselves. If people want to carry themselves like they are "aggressive young criminals" all for the sake of looking cool, go ahead. But in a university environment it doesn't work.

The university environment is practice for the real world. When you graduate you can't just switch into "grown-up mode"; you have to gradually mature into what you will become. If you do nothing but practice thuggery even though you don't participate in the activities socially associated with a thug's appearance, you will graduate into a society where thug behavior will land you either on MTV's "Direct Effect" or in jail.

School vs. Social Life: Which Will You Choose?

COLUMN

By Josh Bashara
The Gateway (U. Nebraska-Omaha)

(U-WIRE) OMAHA, Neb. - It's one of the oldest obstacles in the history of higher education. It's been the downfall of college students across the board, from freshmen to seniors. It has many guises and more often than not it strikes the killing blow before you ever see it coming. No matter what the circumstance, the outcome remains the same: If you let your social life dwarf your school life, you're doomed to fail.

Although a problem for all students, freshmen seem to have a higher risk of letting their studies slip out from under them.

When you graduate from high school, there is a sense of freedom and accomplishment that will rival any other for the rest of your life. Many kids express this newfound independence with partying throughout the summer after graduation. When fall comes around and it's time to start college, many students never quite descend from that level of revelry.

Holding on to the same sleeping and social habits from summer, students eventually realize -- often too late -- what it takes to succeed in college.

Waking up at the crack of noon definitely isn't it. A huge (and grossly underrated) factor in going to school is

actually GOING to school. Lots of freshmen hear stories about the independent nature of college. One of the biggest misconceptions about college life is that you don't have to go to class.

Sure, you don't have to go. No one is going to give you a detention or reprimand you in any way -- the school will be happy to take your money either way. To actually pass a class, though, you have to start by at least showing up. There are some professors and departments that even require you not to miss a certain number of days or points will be taken off your final grade.

"Just go to class," Mike Skinner, a senior at the University of Nebraska-Omaha says. "Go to all your classes and just take notes, you'll do fine."

It's tempting to go to bed at 4 a.m. and not wake up until noon, but almost any second-year student or older will tell you the most important thing in passing is to show up to class. Even if your first class starts at 1 p.m., it's a good idea to wake up relatively early and come to school -- this gives you time to study and helps make sure you'll get to class on time.

Juggling work and school can be a difficult game in itself, especially if you're one of those unlucky souls who has to work and attend school both full-time. Add in a vibrant social life and you're probably down to three hours of sleep a night.

So what to do? You want to have fun

while you're in college, but you also don't want to graduate an eighth-year senior.

Senior Nick Benton says there is only one answer: "One or the other, either don't study or don't have a social life. There's no gray area."

Another possible solution lies in prioritization.

You have to be able to have the self-discipline to judge what you can and can't get away with. Sure, it'd be fun to go out with your friends tonight and party, but with an exam two days away, do you really think it's the best idea? The same principle goes for times even when you might not have any exams right around the corner. Your teachers tell you to study for a reason, and it isn't necessarily to keep you unnecessarily busy (well, not all the time).

There's a happy medium in every situation; the trick is finding yours. Some students actually prefer not to go out on weeknights because it makes the weekend and infrequent special occasions even more enjoyable. After all, where's the fun in a snow day from school if you never go in the first place? The same goes for holidays and spring break. You learn to limit yourself and the rewards grow much greater.

Cory Kinman, a sophomore, learned the hard way what it takes to succeed in college.

"Everything requires a sacrifice," Kinman says. "You have to sacrifice things on a weekly basis. To succeed at

anything, something has to be compromised."

After a while, when you've gotten into a habitual routine of studying, you'll be amazed at how much you can find solace in it. It may sound inconceivable -- especially to those who party hard -- that you can get enjoyment out of studying, but eventually you may come to look at it as a comforting, unwinding sort of end to the day.

Sometimes it's beneficial to study with your friends, especially if they share a class with you. This gives you a chance to get support from them when you are in question of a particular subject and vice versa, strengthening both of your studying. It's also nice to have friends to study with because you can chat with them for a while when you need a break.

"Go out with your friends to somewhere like Village Inn and study together," advises junior Melissa Harvey. "Take classes that your friends have. That way you can go out together and study and you're hanging out at the same time."

No matter what your previous work ethic was before you came to UNO, you will notice a difference between high school and college.

You can mold your future any way you want, but the clay you use gets tougher and more solidified as time goes on. Try not to get stuck in the future wishing you could have changed the past.

QUAD from page 1

Quadrangle Community Director: "She has always established a good working relationship with her students."

Although triples in the Quad may come as a surprise to continuing students, entering freshmen were well aware of their living arrangements before arriving on campus. On July 27th, these freshmen ladies received their roommate assignments in the mail, so they could all contact each another to ensure no one brought multiples of the same items.

In response to some of the negative feedback, mostly from parents, Dr. Chambers was quick to explain that triples in the Quad is only a temporary solution, not a permanent change. The Office of Residence Life has three permanent projects in mind to provide housing for the growing number of students attending Howard.

"We are turning the property formerly designated for a nursing home at the corner of 7th and S Streets into a male residence hall. We want to keep the females closer to campus, so the dorm we build across from the Shaw-Howard Metro stop will house males. This project will also give us a chance to renovate Drew Hall," divulged Chambers.

Residence Life is set to begin rebuilding the old Bethune Hall, located next door to the Bethune Annex. The Hall, at least 40 years old, fell below standards and needs to be rebuilt. Howard University is also looking at the possibility of renovating the old Gage School located on 2nd Street by the Carver Hall.

PERSPECTIVES

Is Three Company or Just a Crowd?

By Derek Kindle
Editorial/Perspectives Editor

Triples? Huh? Who would have ever thought it would come to this? Upperclassmen who have already had their freshmen experience are now frowning at the notion that freshman females in the Quad will have to triple up.

Well, this whole idea of a triple isn't exactly new. It seems that other Universities caught on to the "triple

effect" long before Howard came into their housing shortage. In fact, many public and private majority institutions do have triples for their freshmen. The amazing part is that these schools have triples (and even quadruples) in smaller spaces than we do. For those of you who visited one of those huge schools you know exactly what we're talking about.

Freshmen, don't be dissuaded. Everyone has apprehensions about moving in with anyone that you

don't know in a strange place for an extended period of time. Although we can't say we feel your pain, we know that whatever it is, you will learn to deal with incredible grace (wink).

For those who have had their freshmen experience without a third member may be weary but then again, weren't we weary about just having one person to share our space with?

Those in the triples, just imag-

ine that same dorm room with no air, no cable, one phone line and no Internet/Ethernet or wireless Internet services (because that's exactly how it was for many upperclassmen). As many Howard students will tell you, it's all a part of that freshman year.

Now, this is not to say that every moment will be one that you enjoy. However, by the time you are finishing up your freshman year, you will be probably be thanking God for

those roommates and what the three of you have gone through that has made you so much stronger and closer. You are the freshmen to be amazed by -the freshmen who were able to battle through Howard's housing crunch and scoop up an extra roommate.

The Hilltop looks forward to hearing about your triple experiences and wishes you luck in your tight squeeze!

The Storm Isn't Over Yet: Howard Life 101

Whew, you just stood in your last line and now you have your Capstone Card and your coveted validation sticker in hand. Finally, the storm is over. Now you can relax, go to your room and concentrate on what exactly it is you will be doing from now until your senior year.

Well, newsflash...it's not over yet. Although it may appear that you have done everything there is to do, you're not finished! Yes, that's correct: you still have more storms on the way. Howard University is about to put you through some things that will have you crying home for mommy and daddy.

You see, "the test," however convoluted it may be, will prepare you. If there is one thing that all Howard graduates have in common it is definitely the HU struggle. Seriously, just ask any Howard graduate. There are certain things that Howard students know about life and how to work

through red tape and bureaucracy. Now you don't know exactly what we're talking about but not to fret, your lessons are coming soon.

While we have the chance we will go ahead and provide you with a brief syllabus for your "Howard Life 101 (1st semester)"

Week 1:

- * Learning to maximize living space in extreme heat
- * Coping with being broke
- * Avoiding crying over frustrations in public
- * Weaning yourself of daily calls home

Week 2:

- * Getting along with roommates

- * Learning the Howard dress code (what's in style and what makes others laugh)

- * Experiencing the 101 people from 101 locations in the world

- * Special Edition of DC Street Smarts (How to best avoid a robbery)

Week 3:

- * Making copies of everything you give/receive to/from Howard
- * Learning that attitudes with administrators will ruin your college career
- * Dealing with 20 papers in 20 days
- * How to learn a foreign language by taking a math or science course

Week 4:

- * Managing the club life with the academic life

- * Deciding on appropriate bed times (1AM or 3AM?)

- * Planning your course of action to succeed at the Mecca

- * Replacing old high school friends with new college friends

- * Homecoming-- Watch and Learn

Week 5:

- * Configuring new ways to swindle food from the cafeteria
- * Mastering the fine art of having visitors without signing them in
- * Becoming reacquainted with the registration process
- * Spreading your new found "con-

sciousness" to the folks back home

Week 6:

- * Recap: Getting along with roommates & How to speak to HU administrators

- * Negotiating best possible grade outcomes

- * Acquiring the perfect study spots on campus (or not)

- * Exam preparations -- Learning to steer clear of The Undergraduate Library aka "Club UGL."

**Note: The dates for these lessons are subject to change. For any material not learned and/or passed in this semester will have to be repeated the following semester. The University reserves the right to "purge" you from any of the experiences upon non-payment.*

Parental Advisory: Explicit Content

Every year it never ceases to amaze me how so many students' parents are calling and harassing University offices about their son or daughter's (notice I didn't say "child") business.

You see, I wouldn't have a problem with this if the student wasn't supposed to be here to become a man or woman, gain some sort of independence or didn't act "grown" on all other occasions except those they feel like mom or dad can take care of a bit better.

This long distance parenting phenomenon has really gotten out of control!

Parents: We know your "child" is very important to you and you want to make sure everything is done in their favor.

However, you have to just let them go. There comes a time when you have to prepare your "child" for the real world

or they'll never make it. That time is now. No, not tomorrow; not next week; not "after they get settled;" or "after their first year." NOW.

It's a shame how many students walk around campus in "La-La Land" not knowing how to deal with issues themselves. So instead of talking to Student Accounts, Residence Life or EM/Records, they run around on cell phones all day distracting their parents in various locations around the globe to ask them to take care of a matter that is literally feet away. No, I'm dead serious. This happens with seniors!

So when your "child" is 35 years old at home or calling you because they don't know how to call a company to get things settled, don't blame your child - blame yourself.

She/he may have been your "baby" (or will always be your "baby") but it is really time to just let go and see how far your

good parenting can go on its own. If you believe that you have been a good parent, you should trust your child to make the right decisions and be able to handle this big bad world on their own. At the end of the day, it should be more comforting to know that you taught your "child" how to deal with some major issue rather than you dealing with it yourself.

Now I'm not a parent myself and can't begin to imagine what "empty nest syndrome" feels like or the worries associated with having a child away from your care. However, I can say that it is pathetic to see a bunch of young adults grown enough to run the streets and "club" unable to follow University calendars or register on their own. Derek Kindle

Don't worry - they'll make it!

--Derek R. Kindle

Tell us what you think!

Are three women to a room too many? Or is the University just doing what is needs to ensure everyone has a place to live?

*Go to our website:
www.thehilltoponline.com and
participate in our poll, post a
message to the message board
or send a Letter to the Editor.*

*Poll results will be posted in
the Friday August 30 issue of
The Hilltop.*

PERSPECTIVES

Looking Forward

A Freshman's View of the Capstone

Before making my decision to come to Howard University, I saw qualities in the school that caught my attention. My sister Avione always expressed her love for the school. When she was a sophomore at Howard, I visited her on Easter weekend. Throughout my visit, I could see why she felt so strongly. The undergraduates were very friendly and showed me what Howard was like during the school year. Everyone made campus life seem so completely different from living at home. It was amazing! They possessed a sense of freedom to do whatever they wanted, whenever they wanted. That sense of independence gave me the drive that made me want to go away to college. It was like a city inside a city, with several resources on campus. They had places to eat, a gym, a library, class and much more.

When I came to Howard we walked so much. DC is made for tourists to walk; believe me, we did a lot of it! The only problem I could foresee would be the weather change from the climate in New Orleans (I heard it gets freezing in DC).

Anyway, as my senior year continued, Howard gave me the best overall scholarship package from a college; it was a fun school with an excellent reputation for academics. Since my visit was exceptional, I decided to experience Howard for myself.

This summer I was invited to participate in Howard University's Science Engineering and Mathematics program (HUSEM). This is basically a pre-freshman program designed to socially and academically enrich us. While partici-

pating in the program, the rules were stricter than in my own house! However, I appreciated the time I spent here because I was exposed to some good things. HUSEM gave me an opportunity to register for my fall classes. The program also allowed me to get more comfortable with Howard's campus by going on a campus tour, walking in buildings, going to the i-Lab, bookstore and class.

Meeting people from all over the country was truly fascinating. The people spoke differently, danced differently, and listened to a lot of reggae.

This was also my first time having to actually live in the dorms (not just visiting someone) and that gave me a first-hand idea of what it was going to be like in the school year - crowded.

After the program was over, I got a chance to live on campus with my sister for a week. We went to different places in the city like the free hip-hop theatre. Living with her allowed me to see how much DC really had to offer besides the many clubs. I also was able to talk to my adviser who made me feel more comfortable about my future college life, classes, and course loads just by answering my questions and being there. My time at Howard made me feel secure with the campus and the people. This preview of the Mecca was truly refreshing.

In my perspective, Howard will be a wonderful experience. So far, I believe I have made the best choice for college.

Alexia Brown
FreshmanFreshman
Chemistry/Pre-Med

Looking Back

Memories From a Wise Old Owl

Freshmen know nothing. I know it's harsh, but it's true. That's the way it's been for years and it won't ever change. The more you think you know, the less you actually know. Every school year the incoming class feels they are "different" than each that has preceded them and by the end of the first week they'll run the university. Freshmen, if nobody has been realistic enough to tell you already, it won't happen! Don't worry though, because if you're smart, you'll learn enough in your first year to survive the last three with few problems.

As much as I hate to admit it, I too was once a freshman. 1999 was the summer and Mobb Deep's "Quiet Storm" was the song heard blaring from every stereo. I felt Howard would be a breeze, just an exaggerated high school, and that in no time, it would be mine. Coming from the south side of Chicago, I was sure there was nothing Howard could throw at me that I had not seen before. I was sure I'd be able to conquer Howard with my eyes closed. Damn freshman.

Little did I know, closing my eyes would be one of the hardest things to do. Sleeping quickly took a backseat to surviving the heat I encountered in Drew Hall... I mean Drew Hall. I forgot to mention, hell had nothing on the heat that I felt in the infamous freshman male dorm. For weeks I slept literally stuck to that hospital scrub colored mattress. And did I tell you that trying to find your way around our nation's capital is a pain? Especially when you are used to having a car or simple things like public transportation that runs 24 hours. Trying to catch a cab as a black man—or 4 black men—at 3 a.m. is another issue in itself.

That's just the beginning of your problems, not to mention the difficulties you're likely to have with Howard's administration, finding out where your class is, and trying to get a decent meal. All this before you even crack open your \$100 book to read over some material you're probably not familiar with. Add that to the fact that you have to overcome pre-conceived notions, prejudice, and language barriers just to be social and make friends. Oh, you thought there was none of that at a black school?

But establishing friendships your first years is a must. More than likely, these will be your friends for the rest of your life. Crews always start out deep, but never last over time, even ours. We were "The Conglomerate". Eleven official members, there were maybe 18 by association. But over the years, naturally people grow, and establish new friendships but it's never the same as freshman year. Put us all in a room though and we'll reminisce over our experiences from that year alone for a week—we even have videotape.

And there lies the difference between freshmen and everybody else: experience. Sure you may have some interesting stories and met some unique personalities in your hometown, but it's not the same as college, especially a black college. The makers of the classical television show said it best when they entitled the show "A Different World". Some of the things you never thought twice about can turn into a story you tell your grandkids for the rest of your life.

Patience is definitely a virtue exercised often, and if you don't possess it, you will soon. It's not yet about who you are; it's about whom you know. These are the best times of your life and you have to enjoy them. I may sound like a book of clichés, but they're all true. Read this again in two years and you'll nod your head in agreement.

In '99 I was young, dumb and full of...you know the rest, and three years later I'm still young, not as dumb and still full of...I don't have to spell it out for you. But the point is, I'm still here.

There were many who didn't make it due to misfortunes, tragedies, or just figuring out college isn't for them. Freshmen year taught me not to look to my left and right to see who won't be here when I graduate, but to look inside myself to see if I have what it takes to make it in life.

Brandon A. Miller
Senior

A Note to the New Bison

Dear New Bison,

You have chosen Howard University to spend the next four years of your life. It is important for you to make these four years the best of your life—after this, it's all work.

As you embark on your journey here at the Capstone, it is vital that you are cognizant of all the wonderful freedoms you have here at Howard. Howard is the birthplace and breeding ground of strong black minds and mouths that aren't afraid to congratulate or criticize. In fact, it is your duty to do so. The key is making sure that your mouth has the mind attached. When you want something done, let someone know. When you like what you see, congratulate. Now this seems obvious, but there is a way to do it and a way to be on the first plane back home.

When you complain, complain to the right person. If the dorm standards don't suit your fancy, why complain to your roommate? If the elevator is out of order, there's not much your professor or the president is going to do. Be sure to formally complain/suggest to those who directly deal with the situation, not those ten steps above or below the person who can help you.

When you congratulate, make sure that office knows you think they're doing a good job. Offices don't know if something is wrong or right until you tell them. If there is a counselor, resident assistant or student accounts representative who has done an exceptional job, be sure to write to their superior to let them know how well their office is doing.

Whereas other college campuses are struggling to cover up classroom comments

and student expression, the Mecca invites such free flowing classroom conversations. The feeling that you have to be the black representative in class or that you have to hold your tongue should be foreign within the next few weeks. You have probably reached one of the heights of your free-speaking days. Use them.

We, at the Hilltop, invite your comments on any issue at any time. We look forward to making your voice heard. The Editorials and Perspectives section is your section. Let us know how to serve you. Let us know what you have to say.

Welcome, you are now a Bison and afforded all the privileges of the position.

—Derek R. Kindle
Editorials and Perspectives Editor

Now in its 78th year, The Hilltop is published every Tuesday and Friday by Howard University students. With a readership of more than 10,000, The Hilltop is the largest Black collegiate newspaper in the nation.

The opinions expressed on the Editorial Page are the views of The Hilltop Editorial Board and do not directly reflect the opinion of Howard University, its Administration, individual Policy Board members or the student body.

The opinions expressed on the Perspectives Page are those of the authors and do not represent the views of the Hilltop Policy Board.

The Hilltop encourages its readers to share their opinions with the newspaper through letters to The Editor. All letters should include a complete address and telephone number.

Please send letters to: The Hilltop, 2251 Sherman Ave. NW, Washington, DC 20001. The Hilltop can also be reached via email at TheHilltop@Hotmail.com. The office phone number is (202)806-4728.

The Hilltop reserves the right to edit letters for space and grammatical errors. All letters must be submitted a week prior to publication.

MOTIVATION



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The MOTIVATION to give our fellow students the best that we can possibly deliver.

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